

OTTAWA

metro®

NEWS  
WORTH  
SHARING.NEW TAKE  
ON AN OLD  
CLASSICGO KEBABLESS WITH  
YOUR SURF AND TURF

PAGE 17

Transgender girl  
wins legal battleNew York first-grader will be able to  
use the girls' bathroom following  
discrimination case

PAGE 6

Local takes on  
The Amazing RaceA former sniper from Ottawa and  
his brother are contestants in the  
reality TV show

PAGE 3

NO  
NICKELBACK  
GUARANTEELIVE  
88.5fm

## BLACKHAWKS WIN STANLEY CUP

Chicago Blackhawks centre Dave Bolland celebrates his game-winning goal against the Boston Bruins with Marcus Kruger during the third period in Game 6 of the Stanley Cup Finals, Monday night, in Boston. The Blackhawks defeated the Bruins 3-2 to win the Stanley Cup in six games. More coverage, page 22. CHARLES KRUPA/THE ASSOCIATED PRESS

Transpo vows  
safety promoCampaign. Transit  
system set to release  
safety plan in JulyALEX  
BOUTILIER

alex.boutilier@metronews.ca

OC Transpo is planning a  
public education campaign  
around passenger safety on  
the transit system following  
calls by women's groups for  
such a measure.The campaign, called for by  
a number of advocacy groups,  
will form part of a 10-point  
safety plan currently being  
developed by OC Transpo man-  
agement.There have been 85 sexual  
assaults reported to Ottawa po-  
lice on the OC Transpo system  
since 2008, with 11 to date in  
2013.Diane Deans, the chair of  
the city's transit commission,  
could not say what resources  
will be devoted to the plan.  
But she noted OC Transpo  
has a marketing and com-  
munications budget totalling\$690,000 in 2013, and the  
education campaign would  
likely be funded through that  
envelope."When we release it we'll  
see the details, but I think it  
is fair to say that we've heard  
enough about the need for a  
public education campaign  
that (it) will form part of the  
plan," Deans said Monday,  
four days after OC Transpo  
met with women's advocacy  
groups to discuss transit safety.Some, including Hollaback!  
Ottawa and the Women's  
Initiatives for Safer Environ-  
ments (WISE), are adamant  
that an education campaign  
— including information on  
bystander intervention — is  
needed."This is an issue that they  
can do some things fairly  
quickly to start getting messag-  
ing out there," WISE's Valerie  
Collicott said.Deans agreed OC Transpo  
must do a better job at adver-  
tising existing safety meas-  
ures, such as the Night Stop  
program, which lets riders ask  
drivers to drop them closer to  
their homes rather than at a  
bus stop.Train for a Career  
as a **Paralegal**BE JOB READY IN  
LESS THAN A YEAR!

ALGONQUIN CAREERS ACADEMY

PART TIME EVENING CLASSES NOW AVAILABLE!

1830 Bank Street • 613-722-7811 • algonquinacademy.com



# Ash trees threatened by borer beetles get new lives as floors

**Making some green from green bug invasion.** Fallen trees lead to rise of new business opportunity for hardwood floor maker



**GRAHAM LANKTREE**

graham.lanktree@metronews.ca

An Ottawa hardwood floor maker is cashing in on the glut of ash tree lumber that has flooded the market since thousands of trees have been cut across Ontario to staunch the spread of the ravenous emerald ash borer beetle.

"We knew that the emerald ash borer was coming and were talking about taking ash out of our product line," said Greg Gaylord, co-owner of the company, "but when we saw our lumber suppliers were overwhelmed with ash wood, we saw it was an opportunity."

Rather than have the ash trees rotting away like they were at Ottawa's Trail Road dump for a time, Gaylord realized the bugs would be killed in the process of curing

the wood in a kiln for two to six weeks to make slats for floors.

"We're using it that way and selling at a pretty deep discount," Gaylord said, pointing out that much of the wood comes from western Ontario. The price is about \$5 a square foot, roughly 25 per cent less costly than the favoured oak or maple, which costs \$7 or more.

This year the city will plant 5,700 new trees as replacement trees for the 2,604 ash trees removed from Ottawa's streets and parks in 2012. Many ash trees cut in Ottawa will also be used in the construction of a couple of LRT stations in the city's upcoming project to bring light rail to the city.

"That's really cool, especially in a city project," said Gaylord, noting that customers are coming to him and buying ash because of its story.

"There was a guy who came in looking for bamboo flooring because it was green. But I explained to him that it's coming in from China on these huge ships," he said. "He ended up going with the ash, just because he loved the story."



An ash tree marked to be cut near Mooney's Bay, Ottawa. In 2012, 2,604 of the trees were removed from the city's streets and parks. JOE LOFARO/METRO

## Human trafficking study gets \$200K



**Elise Wohlbold, manager of Project imPACT** METRO

A new initiative will try to determine the scope of human trafficking in Ottawa, and make recommendations on how to combat it.

Project imPACT (PACT — Persons Against the Crime of Trafficking in Humans) will spend the next two years studying the issue of human trafficking in Ottawa, and more specifically, the trafficking of young

women for the purposes of sexual exploitation.

"Ottawa does not, as of yet, have anything like that," said Elise Wohlbold, Project imPACT's manager.

"I think there's definitely a lack of awareness within the city that human trafficking is occurring."

At Ottawa City Hall Monday, Status of Women Minis-

ter Rona Ambrose announced \$200,000 in funding for the project. That funding will extend over a period of two years, during which imPACT plans to release a community safety audit.

Insp. Uday Jaswall of the Ottawa Police Service said that audit could help direct OPS's enforcement strategies.

"What we don't have ... is

the scope and the magnitude of the issue, and where we might want to look at investing some prevention and education initiatives," Jaswall said Monday.

"Human trafficking is a complex issue that is both international and domestic, (but) the cases again that we've dealt with in Ottawa are primarily domestic cases."

ALEX BOUTILIER/METRO

### Blair Road station

#### Woman mugged for iPhone: Cops

Ottawa cops are searching for a mugger who stole a woman's iPhone at the Blair Road Transit station in May.

Just before 10 p.m. May 2, a woman was walking through a tunnel at the Blair Road station when she was approached by a man who

pushed her and snatched her phone before fleeing in a small red car, police said. The woman was not injured.

The suspect is described as white, approximately 5'10" with a slim build and short dark brown hair. He was wearing a white T-shirt, dark shorts, white running shoes and a studded belt.

Anyone with information should contact the police at 613-236-1222 ext. 5116. METRO

### Near Arnprior

#### Ottawa man faces charges in stolen car police pursuit

A 27-year-old Ottawa man faces several charges in connection with a police pursuit of a stolen vehicle northwest of Arnprior.

Provincial police were conducting RIDE spot

checks early Sunday at Highway 17 when a vehicle failed to stop.

Police say the car sped southeast from McNab-Braeside Township, left the highway near Arnprior and was abandoned a short time later.

Officers arrested a man in a ditch near the vehicle then took him to the local hospital for treatment of a broken hand and cuts suf-

fered while trying to climb a fence.

The car was reported stolen from a parking lot in Renfrew the previous evening.

Liam Donnelly is charged with dangerous driving, impaired driving, refusing to provide a breath sample, theft over \$5,000, possession of stolen property and flight from police.

THE CANADIAN PRESS



## Vigil. Donna Jones to be honoured at memorial for murdered, missing women

After convicted killer Mark Hutt is sentenced Tuesday, friends and family of his dead wife Donna Jones will meet downtown in the evening to hold a vigil to end violence against women.

Jones was left by her husband to die in the couple's basement for 11 days with third-degree burns after Hutt scalded her with boiling water Nov. 24, 2009. She died on Dec. 6, and police found she also suffered a broken nose, ribs, a swollen face, bruises and rashes all over her body as well as 30 pellets from a pellet gun under her skin.

Organized in part by women's shelter Nelson House, the candlelight vigil will be held at the memorial for missing and murdered women at 233



Donna Jones POLICE HANDOUT

Gilmour St. and is described as "a time to honour Donna's life and to begin healing."

Hutt's conviction for first-degree murder means that the 36-year-old man faces an automatic sentence of life in prison with no chance of parole for 25 years. **GRAHAM LANKTREE/METRO**

## An aging population. Province chips in \$38M to fund Ottawa ambulances

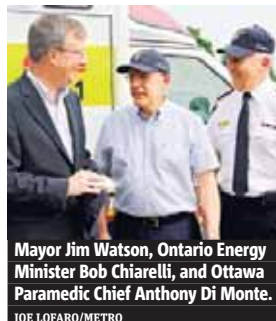
Ottawa's land ambulance service received a \$38 million boost for 2013 from the province Monday as the Ottawa Paramedic Service grapples with more calls relating to an aging population.

MPP Bob Chiarelli made the announcement at the Queen'sway Carleton Hospital.

The \$38,541,000 in provincial funding marks an increase of more than \$2.7 million from 2012, or 7.8 per cent.

Anthony Di Monte, chief of Ottawa's paramedics, said the nearly eight-per cent increase is "significant" for a service that is already under pressure.

Di Monte attributes an increase in call volume of about



Mayor Jim Watson, Ontario Energy Minister Bob Chiarelli, and Ottawa Paramedic Chief Anthony Di Monte.

JOE LOFARO/METRO

12 per cent last year to an aging demographic. "Patients 55 and older make two-thirds of our call volume," he said.

**JOE LOFARO/METRO**

# Former sniper takes aim at \$500K prize

**The Amazing Race Canada.** Ottawa resident relishes opportunity to team up with his brother for reality show contest



JOE LOFARO

joe.lofaro@metronews.ca

Jody Mitic is a former sniper and a contestant in the upcoming premiere of CTV's *The Amazing Race Canada*. But the Ottawa resident, who measures about six-feet tall with tattoos careening up his arm, says he isn't all tough guy on the inside.

"(People) might not know that I like monarch butterflies," said the 36-year-old, who was visiting the Canadian Museum of Civilization Monday with his family. "A lot of people think I'm a bit of a hard-ass, but I have a very soft side."

Another thing some might not know about Mitic is that he has two prosthetic legs. In 2007, he stepped on a land mine while serving in Afghanistan and doctors had to sever his legs below the kneecap.

The husband and father of two daughters now gives motivational speeches to people about his ordeal and what he did after his injury. Always up for a challenge, Mitic and his younger brother, Cory, will

### Tune in

*The Amazing Race Canada* airs Mondays at 9 p.m. on CTV beginning July 15.

show Canada what they're made of as they use their physical and psychological tactics on the battlefield against eight other teams.

A half-a-million-dollar grand prize is up for grabs.

"It was awesome because Cory and I have lived apart for a long, long time. And he moved to Alberta right after I got wounded," said Mitic. "We had all that time to just talk to each other and get to know each other again."

Cory, 32, works as a labour relations officer in Edmonton. Their team was one of two that were announced by CTV Monday to ramp up excitement ahead of the televised premiere.

Jody's experience in the military played a role in how he completed his challenges, he said, which viewers can expect to see.

"In the military I was a sniper so that's two-man teams. Cory and I were a two-man team," he said. "Stress, obviously, thinking fast. Improvising, because combat is 99 per cent improvising. I fell back on my military training a lot."

### Trained to meet challenges

"Stress, obviously, thinking fast.... I fell back on my military training a lot."

Jody Mitic, contestant on *The Amazing Race Canada*, which airs next month.



Ottawa's Jody Mitic, a former sniper with the Canadian Armed Forces, has teamed up with his younger brother Cory in the premiere of *The Amazing Race Canada*. **JOE LOFARO/METRO**

## Beautiful Legs Begin Here!

**VARICOSE VEINS**  
Painful veins on your legs?  
Good news: NO Surgery!  
Ultrasound-guided injections treat large varicose veins.

**Dr. Lucie Beaupré**  
American Board of  
Phlebology Certified

**OTTAWA**  
1335 Carling Avenue  
Suite 600  
(613) 722-0101

**SPIDER VEINS**  
Spider veins on your legs  
or face? Get rid of them  
with simple injections.

**GATINEAU**  
500 Boulevard de L'Hôpital  
Suite 102  
(819) 561-0561

[www.drbeaupreveinclinic.com](http://www.drbeaupreveinclinic.com)

**DR. BEAUPRÉ**  
VEIN/VARICES  
CLINIQUE





# Sausage maker gains from business mentoring program



Michael McKenzie, founder of Seed to Sausage artisanal meats, won a year's worth of business advice from ACE Bakery on the weekend. SEED TO SAUSAGE/CONTRIBUTED

**Chef meets opportunity.** Seed to Sausage feted by tastemakers



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

Within three years Seed to Sausage artisanal butcher Michael McKenzie has gone from making cured meats in his garage to having Ottawa food scene names like Steve Beckta take note. Now he's winning awards.

McKenzie is one of two artisans ACE Bakery selected from 20 last week to receive business development support through its Artisan Incubator program.

ACE started out as a small, family operation before being bought for \$110 million by Loblaw's parent company in 2010.

"Sometimes it's a little daunting. We make every-

thing by hand," said McKenzie. "We're just making stuff and doing what we enjoy. I do want to make it more efficient. It doesn't matter if it gets bigger. My idea of expansion would be having a retail store in Ottawa. Getting it to people is the biggest thing."

McKenzie said he hopes to take advantage of the branding, distribution, marketing and business finance advice ACE is offering.

This past weekend he and 20 other food artisans from across Canada met in Toronto to show off their wares and vie for ACE's vote and that of nine of Canada's top tastemakers.

But he doesn't want to be as big as the bakery.

Right now McKenzie sells his hormone-free and gluten-free meats, including a line of packaged sausages such as apple and sage and a pepper molasses bacon, through specialty butchers and at the Metro grocery store in the Glebe.

## Quoted

**"But when we talk about expansion, I don't want to sell it across the country. I just want to create good local food that people enjoy eating."**

Michael McKenzie,  
Seed to Sausage artisanal butcher

"I would like to make the type of food that we make more accessible. We have issues with getting our stuff to our customers," he said, pointing out that not everyone can make the jog to Seed to Sausage's retail outlet in Tichborne, Ont., between Kingston and Ottawa.

"But when we talk about expansion, I don't want to sell it across the country. I just want to create good local food that people enjoy eating."

## There were sellouts

**Ottawa Fringe Festival has record opening weekend**

Just over 5,000 people attended the Ottawa Fringe Festival's opening weekend, setting a new record for the 16-year-old festival.

According to festival organizers, Thursday through Sunday saw 12 sold-out performances — also a new record.

In 2012, the opening weekend drew 3,500 patrons.

Ottawa-based theatre company Dead Unicorn Ink had a full house for their performance of *Chesterfield*, as did Ottawa-native Jessica Ruano with her production of *Sappho*, in nine fragments.

For a full list of performances, visit [ottawafringe.com](http://ottawafringe.com).

ALEX BOUTILIER/METRO

## News online

Visit [metronews.ca](http://metronews.ca)



## An open book. Ottawa reporter turned author releases new thriller

A civil servant from Orléans plots murder on his bus commute in Rick Mofina's latest thriller, *Into the Dark*.

Mofina, a reporter turned novelist who has released 15 thrillers to date, will release his latest novel Tuesday.

The novel focuses on Claire Bowen, a psychologist in California and Det. Joe

Tanner, a single dad trying to catch a murderer in a case that's gone cold.

Mofina will be signing copies of *Into the Dark* at the Book Stop in Place d'Orléans on July 4. ALEX BOUTILIER/METRO



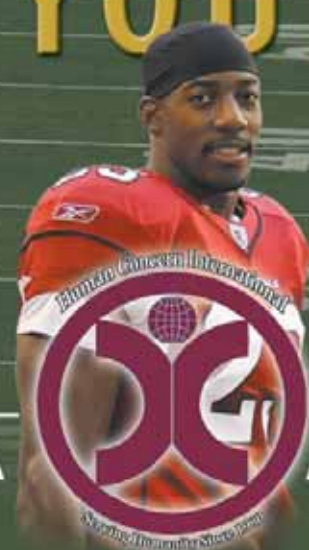
Rick Mofina  
CONTRIBUTED



The cover of Mofina's 15th book, *Into the Dark*, set for release Tuesday. CONTRIBUTED

**FUNDRAISING DINNER**

# CHAMPIONS OF YOUTH



**- FRIDAY -  
JUNE 28  
6:30 - 10PM**

**ST. ELIAS BANQUET CENTRE  
750 RIDGEWOOD AVE.**

**SPEAKER — H A M Z A — NFL PLAYER  
ABDULLAH**

WITH SH. ISMAIL ALBATNUNI, B.G. KNOCC OUT, MAHAD MUSTAQIM

**PRICE: \$20 STUDENTS | \$35 ADULTS**

For tickets call 613-742-5948 ext 21 • [humanconcern.org](http://humanconcern.org)



# 'Cash cards' offered to Alberta flood victims

**Commuter troubles.** Calgary's LRT tracks damaged like 'never seen' before

**JEREMY NOLAI AND ROBSON FLETCHER**  
Metro in Calgary

Alberta's premier pledged an extra \$1 billion Monday on top of \$200 million already budgeted for disaster relief as a preliminary source of funds for flood-affected residents across the province.

"I promise you, on behalf of the Government of Alberta, that we will do everything that it takes to ensure that people can rebuild their homes and rebuild their lives and rebuild their communities," Alison Redford told reporters in Calgary.

Water began spilling over banks in Alberta on Thursday, affecting nearly 30 communities through the weekend and into Monday. Even as cleanup efforts began, residents in towns such as High River faced uncertainty over when they would be able to return home.

Money for victims will begin flowing to evacuees in a matter of 48 hours in the form of "cash cards" to help people who may have fled their homes without access to banking, Redford said.

She said the government will provide preloaded debit cards to displaced residents to help with their immediate housing needs and day-to-day purchases.

Those who qualify will receive \$1,250 per adult and \$500 per child.

Federal Immigration Min-



A cyclist and road crew survey the washed-out northbound lanes of MacLeod Trail in Calgary on Monday. THE CANADIAN PRESS

ister Jason Kenney also said the Conservative government was in contact with the insur-

ance industry about damage sustained in the flooding and the hope is companies would

respond in "an appropriate way."

WITH FILES FROM THE CANADIAN PRESS

## Restoring downtown

### Major power grid out until late today

In Calgary, focus shifted to restoring the downtown core; however, the power grid likely won't be restored until Tuesday evening, officials said.

Even when work does restart, the city faces the prospects of operating without its south LRT transit line, which sustained damage "never seen" before as water rushed into the city on Friday, said Calgary Transit director Doug Morgan.

Morgan said officials were gunning to reopen the line in time for the start of Calgary Stampede on July 5.

But the lasting effects of damage in smaller communities would be felt much longer, Premier Alison Redford warned. "When we talk about what's going to happen, we're talking about a 10-year plan. And we're committed to make sure that we take that time to do it right."



Karl Lilgert, navigator of the Queen of the North THE CANADIAN PRESS

## Mariner of sunken passenger ferry gets 4 years

The mariner who was navigating the Queen of the North passenger ferry when it ran aground and sank off the coast of northern British Columbia, killing two passengers, has been sentenced to four years in prison.

Karl Lilgert, 59, was convicted last month of criminal negligence causing the deaths

of Gerald Foisy and Shirley Rosette, who vanished when the Queen of the North missed a routine turn and collided with a remote island in March 2006.

Judge Sunni Stromberg-Stein said Lilgert's relationship with quartermaster Karen Briker — who was the only other crew member on the bridge when the ship struck land —

was a significant factor in the crash. It was their first time working alone together since their relationship ended several weeks earlier.

"Clearly, he was distracted by personal issues related to his relationship with Ms. Briker," Stromberg-Stein said as she read her sentencing decision on Monday in B.C. Supreme Court.

"I do not need to speculate on what Mr. Lilgert was doing on the bridge that night. I know what he was not doing. He was not doing his job."

Last week, the Crown recommended a six-year prison term, while the defence asked for a conditional sentence with no time in custody. Lilgert's lawyer has already indicated

that he plans to file an appeal of the conviction.

Data recovered from the ship's navigation system showed the ferry made no turns and took no evasive action as it approached Gil Island, which one expert witness described as a "catastrophic dereliction of duty."

THE CANADIAN PRESS



## DOES IT REALLY HAVE TO BE SO HARD?

### NOT WITH SOFTWARE TESTER TRAINING

**UPCOMING AND CONFIRMED TO RUN IN OTTAWA**

|   |                 |
|---|-----------------|
| Software Testing Essentials                 | Aug 7, Oct 16   |
| System Integration Testing                  | July 2, Sept 9  |
| User Acceptance Testing                     | July 4, Sept 11 |
| Clarifying Business Requirements            | Aug 6, Oct 15   |
| Test Planning I – Plan for Success          | Aug 8, Oct 17   |
| Test Planning II – Accurate Test Estimation | Aug 9, Oct 17   |
| Unit Testing                                | Aug 8, Oct 17   |

Find more courses and dates at [www.ib-learning.com](http://www.ib-learning.com)

REAL CLASSROOMS

REAL INSTRUCTORS

REAL SKILLS



**130 SLATER STREET SUITE 1220 K1P 6E2 (613) 569-5785**

Call to book

888.318.2480

## Spreading good news. Mormons now knocking on social-media doors

Mormon missionaries will soon spend less time knocking on doors and more time chatting online with potential converts.

Leaders of the Church of Jesus Christ of Latter-day Saints announced the strategy shift Sunday night in Provo, Utah, during a two-hour presentation to mission presidents that was broadcast worldwide.

Church apostles said the change reflects the growing importance of social media and people's preference to connect over sites such as Fa-

### Quoted

**"The church must adapt to a changing world."**

Elder L. Tom Perry of the Quorum of the Twelve Apostles. He said missionaries will be using social media, blogs, email, text messages and the church's website in a limited number of locations this year.

cebook rather than opening their homes to strangers.

The move is the latest step in the loosening of traditionally strict rules for missionaries.

THE ASSOCIATED PRESS

### Washington zoo

## Panda's breakout short-lived

Animal keepers from the National Zoo have captured a red panda in a Washington neighbourhood after it went missing from its enclosure.

A zoo spokeswoman says

the male, Rusty, was captured Monday in a bush.

Red pandas are slightly bigger than a domestic cat and look similar to a raccoon. They are listed as vulnerable in the wild.

Rusty arrived at the zoo in April and went on exhibit in early June.

THE ASSOCIATED PRESS

# Transgender first-grader wins discrimination case



Six-year-old transgender girl Coy Mathis holds hands with her attorney and her mother at a news conference in Denver on Monday. The Colorado Civil Rights Division has ruled in favour of Coy, whose school had barred her from using the girls' bathroom. ED ANDRIESKI/THE ASSOCIATED PRESS

**Complaint.** Parents said they were told in December that the six-year-old was not allowed to use the girls' bathroom

A six-year-old transgender girl will be able to return to school after winning the right to use the girls' bathroom.

The New York-based Transgender Legal Defence and Education Fund announced the ruling in favour of Coy Mathis on Sunday.

The group filed the complaint on behalf of Kathryn and Jeremy Mathis claiming that the first-grader had been discriminated against at Eagleside Elementary School in Fountain, near Colorado Springs. The Mathises feared going along with the school's order would stigmatize Coy and open her up to bullying. She was homeschooled as the

### Gender identity disorder

The Mathises said Coy, a triplet, showed an early preference for things associated with girls.

- She showed little interest in toy cars and boy clothes with pictures of sports, monsters and dinosaurs. She refused to leave the house if she had to wear boy clothes and became depressed and withdrawn.
- The Mathises said they decided to help Coy live as a girl and she came out of her shell.

complaint was considered.

School districts in many states, including Colorado, have enacted policies that allow transgender students to use the bathroom of the gender with which they identify. THE ASSOCIATED PRESS



BlackBerry® Curve™ 9320

Samsung Galaxy  
Ace II X™



**Hurry in for \$0  
smartphones<sup>1</sup>, PLUS  
a \$50 bonus gift.<sup>2</sup>**

**koodo™**

**Offer ends July 4, 2013.**

**Good call**



BLACK'S  
www.blackss.com

FUTURE SHOP

MOBILE SHOP

Walmart\*

koodo  
shop

**Ottawa**  
Bayshore Shopping Centre  
Carlingwood Mall  
Les Galeries de Hull  
Place d'Orléans  
Promenades de l'Outaouais  
Rideau Centre  
St. Laurent Centre

**Belleville**  
Quinte Mall

**Brockville**  
1000 Islands Mall

**Cornwall**  
Cornwall Square

**Kingston**  
Cataraqui Town Centre

(1) Price with the Tab. Subject to approved credit. (2) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last.





In this file photo taken in 2009, then-Italian Premier Silvio Berlusconi gestures as he attends a meeting in Milan. A court has convicted Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then trying to cover it up. THE ASSOCIATED PRESS FILE

## Berlusconi will appeal sex-for-hire conviction

**Possible end of political career.** The former Italian premier, 76, was sentenced to seven years in prison, but it's not over yet

A Milan court on Monday convicted former Italian premier Silvio Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then using his influence to try to cover it up.

Berlusconi, 76, was sentenced to seven years in prison and barred from public office for life — a sentence that could mean the end of his two-decade political career. However, there are two more

levels of appeal before the sentence would become final, a process that can take months.

Berlusconi holds no official post in the current Italian government, but remains influential in the uneasy cross-party coalition that emerged after inconclusive February elections.

Both he and the Moroccan woman at the centre of the scandal have denied ever having sex.

His lawyer, Niccolò Ghedini, immediately announced an appeal and said the sentence was unjust.

"This is beyond reality," Ghedini told reporters outside the courthouse. The sentence was even stiffer than the six-year prison term and lifetime ban on public office that prosecutors had originally requested. THE ASSOCIATED PRESS

## Leaker. Obama assumes Snowden is still in Russia, wants him expelled

The U.S. assumes National Security Agency leaker Edward Snowden remains in Russia, and officials are working with Moscow in hopes he will be expelled and returned to America to face criminal charges, President Barack Obama's

spokesman said Monday.

Snowden left Hong Kong, where he has been in hiding, and flew to Moscow but then apparently did not board a plane bound for Cuba as had been expected. His whereabouts were a mystery.

THE ASSOCIATED PRESS

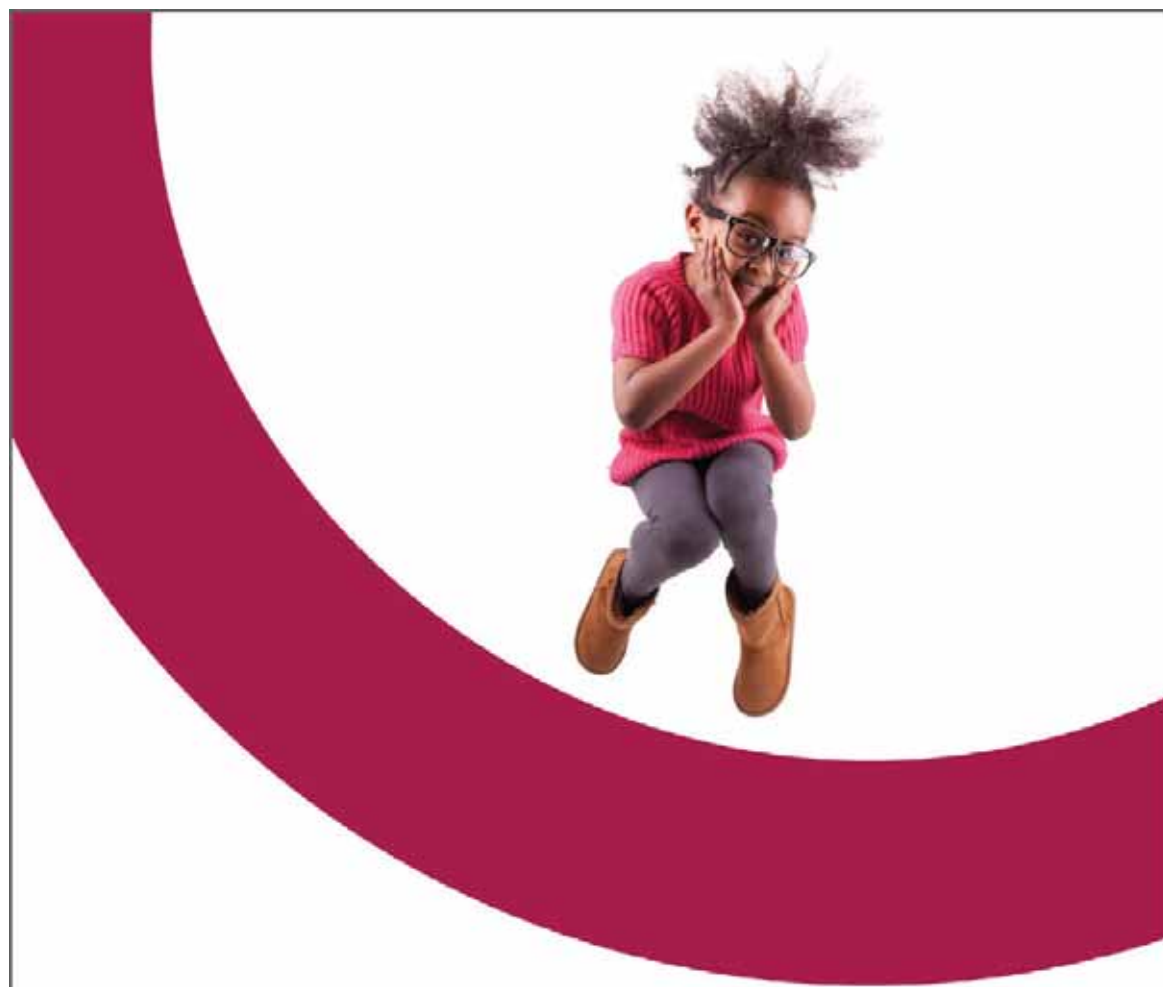
## U.K. Reports cops tried to smear murder victim's family 'horrific': Cameron

British Prime Minister David Cameron called Monday for an immediate investigation into allegations that an undercover police officer was ordered to smear the reputation of the family of a murdered black teenager.

The Guardian newspaper

published claims Monday that the officer infiltrated anti-racism protest groups in a bid to discredit the family of Stephen Lawrence, 18. "To hear that, potentially, the police ... were actually undermining them — that's horrific," Cameron said.

THE ASSOCIATED PRESS



**"It's more than grades.  
I want her to be  
a good person."**

Learn more about a values-based education.

[ocsb.ca/InspiredEducation](http://ocsb.ca/InspiredEducation)  
613-224-2222



**OTTAWA  
CATHOLIC  
SCHOOL BOARD**



# HBC eyes Saks Inc. purchase

## Department stores.

Retailer is said to be interested in buying prestigious U.S. chain

Department store owner Hudson's Bay Co. is looking to expand its presence in the U.S. with the purchase of high-end retailer Saks Inc., says a source close to the potential deal.

Hudson's Bay has been eyeing the beleaguered American department store chain for the past few months, they said.

HBC is "always looking for stuff like this," said the source Monday, who spoke on the condition of anonymity.

"(Chief executive) Richard Baker is always looking to add value and look for growth."

The source said HBC is looking to buy all 41 department stores under the Saks banner, including the iconic location on New York's Fifth Avenue, which opened in 1924. The

## Quoted

"It would be a good strategic step. It would widen their brand presence obviously and could certainly provide the entry into Canada for Saks."

Retail consultant Wendy Evans

stores would also likely stay open under the Saks name.

The source said Hudson's Bay is one of a number of potential buyers vying for Saks, which means that a deal could happen quickly. One of the reported obstacles of the acquisition is the current valuation.

"There are other people that are also considering (Saks)," said the source.

HBC declined to comment on the report.

Morningstar analyst Paul Swinand said rumours about Saks being sold to various buyers have circulated for at least a year. **THE CANADIAN PRESS**



Rumours about Saks being sold to various buyers have circulated for at least a year, according to Morningstar analyst Paul Swinand. **THE ASSOCIATED PRESS FILE**

## Detroit

### 2 U.S. McDonald's stop selling halal food after lawsuit

The only two McDonald's restaurants in the U.S. that serve food prepared according to Islamic law have stopped doing so.

The company and a Michigan franchise owner

agreed to a \$700,000 US legal settlement in April after a customer sued.

The fast-food giant said in a statement Monday that the locations in the Detroit suburb of Dearborn, which has a large Muslim population, no longer offer a halal McChicken sandwich or Chicken McNuggets "to focus on our national core menu." **THE ASSOCIATED PRESS**



## Wilderness vandals target U.S. sites

A woman jumps near graffiti-covered rocks at Sapphire Falls in Cucamonga Canyon on Sunday in the Angeles National Forest near Rancho Cucamonga, Calif. In response to massive graffiti vandalism, the city of Rancho Cucamonga is denying access through non-national forest land, actively enforced with \$250 US citations. While hikers must now use difficult and dangerous routes on national forest land to reach the popular falls, teams of graffiti vandals continue to spray-paint the area at will. An epidemic of vandalism against natural, archeological and historical sites has also led to the closure of historic Barker Dam and the popular Rattlesnake Canyon hiking area of the Wonderland of Rocks in Joshua Tree National Park.

DAVID MCNEW/GETTY IMAGES

## Design your own doughnut. Jason Priestley will help judge Tim Hortons contest

Vancouver-born celebrity Jason Priestley will help Tim Hortons pick the winner of a contest it has launched asking Canadians to design a new doughnut.

The competition offers a \$10,000 grand prize to the person who designs its next pastry, using a website and Facebook page dubbed Duelling Donuts.

Priestley had a cameo in an episode of the sitcom *How I Met Your Mother* last February that played on the idea of a Canada obsessed with Tim Hortons.

The episode featured a faux documentary where Priestley bragged about his role in the creation of a new doughnut called The Priestley. Tim Hortons later made the doughnut by stuffing a chocolate Timbit inside a strawberry-vanilla doughnut.

Tim Hortons says it hopes to find similarly original doughnut ideas, asking the public to

## Faux doughnut



The Priestley TIM HORTONS

- The Priestley, a fictional doughnut featured on an episode of *How I Met Your Mother*, was a chocolate Timbit stuffed inside a strawberry-vanilla doughnut.

try to beat The Priestley.

Priestley and a panel of other judges will choose eight finalists from the entry pool, open until July 21, before the public votes on a winner in August. **THE CANADIAN PRESS**

## Beijing. U.S. factory boss held hostage by workers demanding severance

An American executive said Monday he has been held hostage for four days at his medical supply plant in Beijing by scores of workers demanding severance packages like those given to 30 co-workers in a phased-out department.

Chip Starnes, 42, a co-owner of Coral Springs, Fla.-based Specialty Medical Supplies, said local officials had visited the 10-year-old plant on the capital's outskirts and coerced him into signing agreements Saturday to meet the workers' demands, even though he sought to make clear that the remaining 100 workers weren't being laid off.

The workers were expecting wire transfers by Tuesday, he said, adding that about 80 of them had been blocking every exit around the clock and depriving him of sleep by shining bright lights and banging on windows of his office. He declined to clarify the amount,

saying he wanted to keep it confidential.

"I feel like a trapped animal," Starnes said on Monday from his first-floor office window, while holding onto the window's bars. "I think it's inhumane what is going on right now. I have been in this area for 10 years and created a lot of jobs and I would never have thought in my wildest imagination something like this would happen." **THE ASSOCIATED PRESS**



Chip Starnes THE ASSOCIATED PRESS

## Toronto

### Barrick cuts 100 corporate jobs

Barrick Gold Inc. is laying off about 100 corporate staff, mostly from its Toronto headquarters, as it struggles with falling gold prices and a number of internal challenges. Staff were told last week layoffs were coming. **THE CANADIAN PRESS**

## New York

### New Samsung tablets mimic Galaxy phones

Samsung is making its tablet computers look more like its hit Galaxy phones. The three new tablets in the Galaxy Tab 3 series go on sale in the U.S. on July 7. **THE ASSOCIATED PRESS**

## Market Minute



DOLLAR  
95.37¢  
(-0.27¢)

TSX  
11,836.86 (-158.80)

OIL  
\$95.18 US (+\$1.49)

GOLD  
\$1,277.10 US (-\$14.90)

Natural gas: \$3.74 US (-3¢)  
Dow Jones: 14,659.56 (-139.84)



# KIMYE PUT DAUGHTER ON THE MAP

Kim Kardashian and Kanye West shocked the world last week when they rejected Kardashian family tradition and decided not to give their daughter a name starting with the letter K. Instead, the new celebrity parents decided to go in a different direction (pardon the pun) and name their baby girl North West — effectively turning the announcement of their newborn into a bad joke.

The directional name might have sent a collective groan through the Interwebs, but it wasn't all that surprising. Kimye are probably the most narcissistic couple on the planet so it makes sense that they would bestow such an attention-grabbing moniker upon their first-born. Goodness knows that celebrity-baby BFF Blue Ivy wasn't going to be seen hanging out with any ordinary Ava or Olivia.

But this cutesy combination name sounds more like a brand



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

name than a baby. I can picture it now: Bottles of "North" by North West perfume lining shelves alongside Kardashian Kolors nail polish. Or perhaps she'll launch her own line of stylish toddler apparel emblazoned with compasses pointing toward her namesake.

North West may induce a lot of eye-rolling, but I'm on board with the unusual baby-name trend. My own name happens to be the most popular girl's name from the year I was born and I have often cursed my parents for their lack of originality. I was one of six Jessicas in my grade and constantly mistaken for one of the five Jennifers. The only upside of having such a popular name is that I can always find my nameplate key chain at a souvenir shop. The Jo-

lie-Pitt clan would be so jealous.

Commonplace names can leave kids feeling lost in the crowd; however, children with obscure names are an easy target

for ridicule. And while school kids may be cruel, the Twitterverse is even worse. North West already has Twitter parody accounts poking fun at her and she's only 10 days old.

She may be the celebrity joke of the month, but Kim and Kanye's kid could inspire a new trend toward directional baby names. Bizarre names are nothing new in Hollywood and occasionally the less radical ones will trickle down to the mainstream. Brooklyn — a relatively uncommon choice when Victoria and David Beckham selected it for their son in 1999 — was the 23rd most popular girl's name in Canada last year. Although, fruit names such as Apple, Clementine and Peaches haven't exactly soared in popularity.

It's hard to say if cardinal points as names will catch on among the general population, but at least little baby North West will never have any issues with people misspelling her name. Unless Kim actually did decide to uphold the Kardashian family tradition and name her "Knorth" with a silent K.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Thanks for the lift through London



JEFF MOORE

#### Magician catches a ride on the outside of a bus

British illusionist Dynamo has wowed Londoners by levitating in the air while holding onto the top deck of a 4.57-metre red double-decker bus.

The 30-year-old entertainer — whose real name is Steven Frayne — appeared to use one hand to hold himself in the air. **METRO**

#### Q and A

#### It's 'impossible to explain,' he says



**DYNAMO**  
Real name: Steven Frayne,  
30, magician, from Bradford,  
northern England

**Levitating on an iconic London red bus: How did it feel?**  
It was the best perspective I have ever had of London. I could see all the great land-

marks, but at times it was quite scary — the bus had to dodge big branches of trees hanging over the roadside.

**How did the public respond on the street? I could imagine a poor old lady getting a big shock ...**  
(Laughs) No, I don't think so. All I could see were people smiling and waving. I think I'm actually quite popular

with the older generation.

**Come now, how did you do the trick? It must be a fake arm bolted to the side of the bus ...**  
No, my arm is really there — and fully intact. And quite frankly it's impossible to explain because it's one of those things where I do what I do and let people come to their own conclusions.

#### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca



BRENDA STARR/FICKR

**A talent I'm truly envious of is the ability to entertain a room by simply spinning a fine yarn. It's a talent I don't have and I long ago learned to defer to more gifted storytellers, many of whom can be found anchoring these podcasts:**

#### Risk!

A short storytelling podcast with a rotating cast of yarn-spinners, not unlike *The Moth*. Except completely unlike *The Moth* in that it's frequently crude, embarrassing and strangely relatable.

#### True Story

Taking place on a stage of themed dinner parties, *True Story* tends to be a little more emotionally raw when compared to the antics of *Risk!*, but that

doesn't mean there isn't room for the occasional tale of underwear-related struggles.

#### On Taking Pictures

It would be unfair to talk about storytelling without mentioning photography, and hosts Jeffery Saddoris and Bill Wadman's thoughts on the philosophy and science behind exploring the world through a lens can be fascinating stuff, even for pocket photographers.

#### Comments

**RE: Does Canada Need An Anti-'Revenge Porn' Law? Published online June 24**

While it is never OK to post a pic of your ex to a porn site, it would be just so much easier if the pic was never taken! People have to realize that doing something "online" means that you are at the discretion of others, and those others may not be trustworthy.

**Donna posted to metronews.ca**

We shouldn't victim-blame.

The real problem are the people using the personal pics that were sent to them in good faith to act maliciously.

Those are the people that need the lectures ... those are the people that need to be held accountable for their malicious behaviour.

**Mandy posted to metronews.ca**

#### WE WANT TO HEAR FROM YOU:

Send us your comments: [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)





# Everyone gets old

Orson Welles was a handsome 20-something. Marlon Brando was a sex symbol. Time wasn't kind to either. But time has been kind to many of our own era's former hot young actors, who've avoided binge eating, heavy smoking and other vices to keep looking young and fit even as they creep up in age.

MATTHEW PRIGGE  
Metro World News in New York

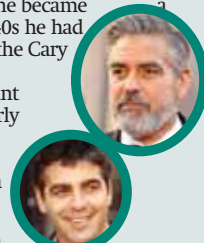
## Brad Pitt

**Age:** 49  
**First blush:** A Robert Redford look-a-like, one of his first prominent jobs was acting for Redford in his *A River Runs Through It*. That was off the heels of his *Thelma and Louise* breakthrough, in which a 28-year-old Pitt let Geena Davis massage his six pack. That was over two decades ago.  
**Today:** A special effects team didn't have to work too hard to make him look 20ish late in *Benjamin Button*.



## George Clooney

**Age:** 52  
**First blush:** The nephew of Rosemary Clooney (and son of AMC charmer Nick Clooney), George was a mulleted himbo on *Facts of Life* and a scene stealer on *Roseanne*. It wasn't until *E.R.*, at 33, that he became a sex god. By his 40s he had fully embraced the Cary Grant persona.  
**Today:** Cary Grant retired in his early 60s, as he didn't think the world wished to watch him grow old. Clooney doesn't seem like he'll do the same thing.



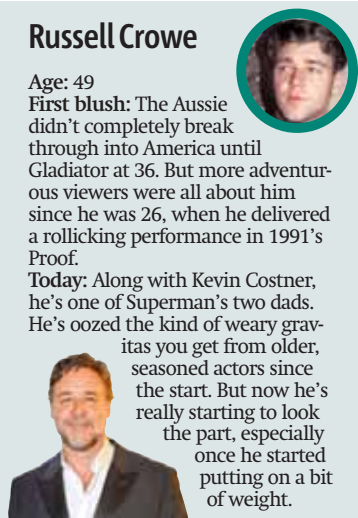
## Will Smith

**Age:** 44  
**First blush:** He was that nice kid who made nice raps that your parents would like. Indeed, he's the least threatening person to ever record a song about how parents suck.  
**Today:** He's a dad himself. He's by no means old, nor looks it, but he does have a teenager.



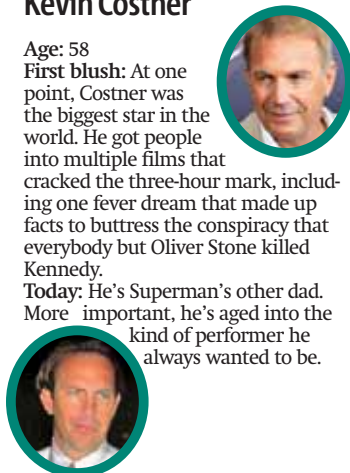
## Russell Crowe

**Age:** 49  
**First blush:** The Aussie didn't completely break through into America until *Gladiator* at 36. But more adventurous viewers were all about him since he was 26, when he delivered a rollicking performance in 1991's *Proof*.  
**Today:** Along with Kevin Costner, he's one of Superman's two dads. He's oozed the kind of weary gravitas you get from older, seasoned actors since the start. But now he's really starting to look the part, especially once he started putting on a bit of weight.



## Kevin Costner

**Age:** 58  
**First blush:** At one point, Costner was the biggest star in the world. He got people into multiple films that cracked the three-hour mark, including one fever dream that made up facts to buttress the conspiracy that everybody but Oliver Stone killed Kennedy.  
**Today:** He's Superman's other dad. More important, he's aged into the kind of performer he always wanted to be.



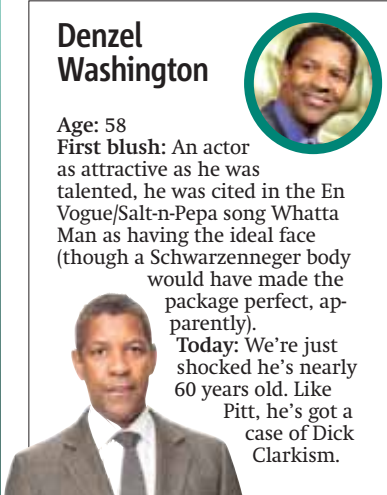
## Alec Baldwin

**Age:** 55  
**First blush:** For more than a decade, Hollywood tried to make the elder Baldwin a slim movie stud. He even got it on in *The Getaway* with then-wife Kim Basinger, producing scenes too hot for theatrical exhibition.  
**Today:** Like Russell Crowe, he got even better once he put on some weight. In an episode of *30 Rock*, Jack Donaghey hands Liz Lemon a photo from his youth. She freaks. He asks for it back. Even older, fatter Alec is into younger, slimmer Alec.



## Denzel Washington

**Age:** 58  
**First blush:** An actor as attractive as he was talented, he was cited in the *En Vogue*/Salt-n-Pepa song *Whatta Man* as having the ideal face (though a Schwarzenegger body would have made the package perfect, apparently).  
**Today:** We're just shocked he's nearly 60 years old. Like Pitt, he's got a case of Dick Clarkism.



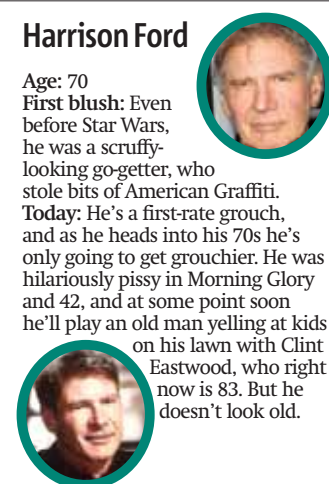
## Michael Douglas

**Age:** 68  
**First blush:** The son of Hollywood royalty, Douglas was the young co-star of *The Streets of San Francisco*, but didn't really come into his own until middle age.  
**Today:** Even more shocking than him being nearly 70 is that his dad, Kirk, is still going, at 96. But yes, Michael Douglas is AARP age, and recently did a killer *Liberace* opposite Matt Damon, who himself is a boyish 42 (playing 18, mind you).



## Harrison Ford

**Age:** 70  
**First blush:** Even before *Star Wars*, he was a scruffy-looking go-getter, who stole bits of American Graffiti.  
**Today:** He's a first-rate grouch, and as he heads into his 70s he's only going to get grouchier. He was hilariously pissy in *Morning Glory* and 42, and at some point soon he'll play an old man yelling at kids on his lawn with Clint Eastwood, who right now is 83. But he doesn't look old.



## DVD reviews



## The Incredible Burt Wonderstone

**Director:** Don Scardino

**Stars:** Steve Carell, Steve Buscemi, Jim Carrey

•••••

No amount of smoke and mirrors can hide the burst seams, frayed wires and bad-hearted humour of *The Incredible Burt Wonderstone*. Steve Carell, Jim Carrey, Steve Buscemi, Olivia Wilde and James Gandolfini star in this comedy of one-upping Las Vegas magicians, but they aren't given much that's funny or magical to work with. Directed by Don Scardino (TV's *30 Rock*) and scripted by *Horrible Bosses* writers Jonathan Goldstein and John Francis Daley, the movie goes in more directions than a lost white rabbit. It's part laughter, part drama, part romance, part bromance, part comeuppance, part redemption, part nostalgia trip, part social critique, partly sweet, partly gross ... and a whole lot of nothing that really clicks. Extras include deleted and alternate scenes, a gag reel and making-of featurettes.

PETER HOWELL

## No

**Director:** Pablo Larraín

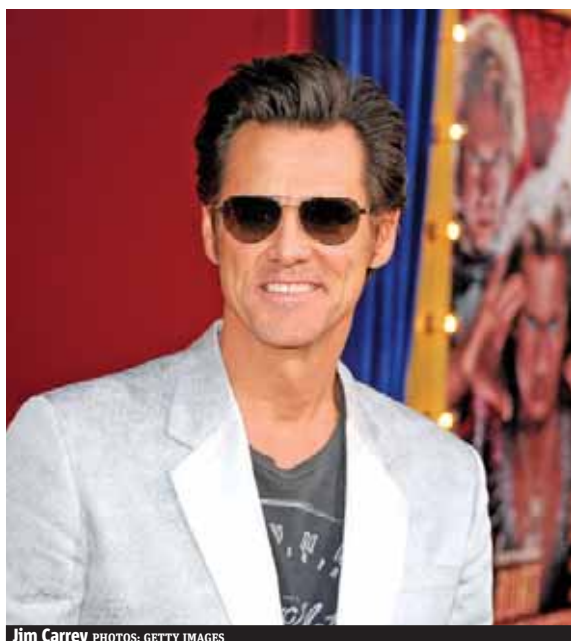
**Stars:** Gael García Bernal, Alfred Castro

•••••

Gael García Bernal plays a Chilean version of *Mad Men*'s advertising ace Don Draper, called upon to sell the "no" side of a national plebiscite that will confirm or topple the dictatorship of General Augusto Pinochet — and the fix for "si" is likely already in. Based on real events of 1988, Pablo Larraín's tightly framed film is a mesmerizing, realistic and often hilarious look at the cynical politics of power and the magic required to sell a negative as a positive. Say yes to No. Extras include a commentary with Gael García Bernal and Larraín.

PETER HOWELL





Jim Carrey PHOTOS: GETTY IMAGES

## Carrey doesn't think his new film is Kick-Ass

Jim Carrey is publicly distancing himself from his upcoming super-violent comic book film, Kick-Ass 2 in light of his recent anti-gun stance. "I did Kick-Ass a month (before) Sandy Hook and now in good conscience I cannot support that level

of violence," Carrey posted to Twitter, referencing the Newtown, Conn., elementary school shooting that left 26 dead. "My apologies to others (involved) with the film. I am not ashamed of it, but recent events have caused a change in my heart."



George Lucas and Mellody Hobson

## May the force be with these happy newly weds

George Lucas married Mellody Hobson in Marin County, Calif., according to People magazine. The ceremony, which was officiated by Bill Moyers, took place on the Star Wars mogul's

Skywalker Ranch. Lucas and Hobson began dating in 2006 and were engaged in January. He was previously married to film editor Marcia Lucas from 1969 to 1983.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## At least Kanye and Kim's daughter has some direction



THE WORD  
Dorothy Robinson  
scene@metronews.ca

So there is an actual sane reasoning behind Kanye West and Kim Kardashian

naming their daughter North West.

A report from TMZ says that Kim and Kanye believe North is "their highest point together as a couple... the pinnacle of the relationship... and they consider her their 'North Star.'"

That is adorable. But didn't they factor West's last name into this decision?

That she is going to sound like a direction for her entire life?

Where is the explanation for that?



Justin Bieber

## Lots of love between Biebs and his manager

Justin Bieber's slew of headline-grabbing antics reportedly have his longtime manager Scooter Braun considering desperate measures to fix the situation — like sending Bieber to rehab, according to Radar Online. "His partying is creating problems. Scooter is very worried about him," a source says.

"Scooter wants him to go to rehab to get his act together. Justin needs to get away from the bad influences in his life." Looking to combat rumours that there might be any tension between them, Bieber and Braun posted an Instagram video of them embracing to the strains of I Will Always Love You.



Will Smith

## Independence Day sequel won't have Will Smith

Nearly 20 years after its blockbuster release, Independence Day is officially getting a sequel — but Will Smith won't be in it, according to the New York Daily News. Director Roland Emmerich says the followup to the 1996 alien invasion hit

will make its way to theatres in the summer of 2015 but without the original film's star. "Will Smith cannot come back because he's too expensive, but he'd also be too much of a marquee name," Emmerich says.

### Twitter



@Pink

I reply to mean people sometimes because it makes me laugh. I like to show the ridiculousness of it all. All is well. Love is bigger.



@kirstiealley

this reminds me of when I was a cocaine addict but used to call my Dr. before I took certain vitamins



@TheRealNimoy

Alaska. First time here since 1972. Great people. Amazing state.



# Solving beach-body blahs

Tony Martinez, Britney Spears' trainer, offers four super simple moves to help you fix some common issues

ROMINA MCGUINNESS



## My arms jiggle.

**Do a one-arm bicep curl followed by a one-arm tricep kickback**

**Get into it:** Grab a resistance band. Stand with your legs hip-width apart. Stand on one end of the band with your right foot and grab the other end with your right hand. Place that hand on your thigh. Lift your left leg off the ground so that you're balancing on the right leg. Turn your right wrist in and curl your hand in toward your right shoulder. Now bend your knee 30 degrees and bring your right arm back, almost like you're swinging a hammer behind you. Bring yourself back to standing. Repeat on the left side. Do 10 reps on each side, two to three sets, two to three times a week.

**Benefits:** This shapes and strengthens the bicep and tricep muscles, making your arms look lean.

## My thighs touch and get sandy, giving me a rash.

**Do side-to-side lunges**

**Get into it:** Stand with your feet parallel and hip-width apart. Lean to the right side, touch your ankle for 1 second and come right back up. Now lean to the left, touch your ankle and come back up. Do 10 reps, two to three sets, two to three times a week. Have no more than a 15-second rest between each set.

**Benefits:** This move will help shape, tone and tighten the inner and outer thighs as well as the hips and glutes.

## I have a flat, saggy bum.

**Do bear crawl butt squeezes**

**Get into it:** When we walk, we always go forward. So let's try going backwards. Get yourself in a push up position. Lift the right leg up and, pulse it five times. Now take two steps (or hops) back. Pulse that leg five more times and once again, step or hop back two steps. Do five sets of five pulses (hopping/stepping back between each series of pulses) before switching to the left side. Do 10 reps (five on each leg), three sets, two to three times a week.

**Benefits:** This will firm and tighten your bum by firing up your glutes.

## I have man boobs.

**Do chest presses**

**Get into it:** Grab a resistance band. Fix it under a door. Hold the band with both hands, holding your arms up in a 'W' position. Balancing on your right leg only, bring your right arm out at a 45-degree angle and then bring it back in. Switch sides. Do 15 reps, two to three times a week.

**Benefits:** No man boobs.

## Smart nutrition

### What to eat

If you want to lose a few pounds fast, lower your portion size and include protein. "Protein makes you feel fuller and helps you generate lean muscle mass," explains Martinez.



613-230-7475

2nd Level  
Rideau Centre



STRESS FREE AND  
CARING DENTISTRY

NOW ACCEPTING  
NEW PATIENTS

Aesthetic, Implant & Family Dentistry Since 1983

Check out our weekly blog at [www.rideaudental.ca](http://www.rideaudental.ca)

This week:  
*Why Do I Need A Crown?*



**ADMITTING YOU WANT  
TO WIN PRIZES &  
GET GREAT DISCOUNTS  
IS THE FIRST STEP.**

JOIN CLUB METRO TODAY!  
**CLUBMETRO.COM**





# 3 BENEFITS. 1 MULTIHEALTH FIBRE.



- ✓ **Helps lower cholesterol levels\* to promote heart health**
- ✓ **Promotes digestive health\*\***
- ✓ **Boosts daily fibre intake**

\*Lowers mildly to moderately elevated cholesterol levels when taken with a low-fat diet

\*\*By relieving irregularity

To ensure this product is right for you, always read and follow the label.



**SCAN HERE TO SEE HOW THE  
PSYLLIUM FIBRE IN METAMUCIL  
DELIVERS THESE BENEFITS**

When you scan this bar code, the terms, conditions and privacy policy of the bar code reader that you select will apply.



# The next stage in my life

At 44, I thought I was a bit young to be going through menopause, but 2012 turned out to be the beginning of the next stage in my life. My periods were erratic. Some months nothing and others I had 2. Most of the time I didn't know when they were coming, or how heavy they would be. Then finally nothing.

I decided to get my blood checked, which confirmed that my hormone levels had changed and the "big M" had started. Then the sweats began – up to 20 a day. I was exhausted, felt run down and wasn't eating properly. A friend recommended A.Vogel Menopause. She told me that it would take a while before I would feel better but to stick with it.

Well, 3 weeks later, I'm a different woman. I'm down to 2-3 sweats a day and I feel so much better, more energetic and better rested.

## Menopause by A.Vogel

- Reduces the severity and duration of hot flashes and night sweats
- Made from fresh, organic sage plants
- Effective with only one pill per day

Designed by nature.  
Proven by science.



Visit  
[www.avogel.ca](http://www.avogel.ca)  
for advice, tips  
and support  
options.



A.Vogel

Pioneer in Natural Health  
- since 1922

A.Vogel



Waist reducing diets aren't always what they purport to be. ISTOCK PHOTOS

# The skinny on fad diets

**Health issues.** Every weight loss method has a pro and con

MEREDITH ENGEL  
Metro World News

Fad diets come and go.

We got to the bottom of a few of them. Here is what we learned.

## The alkaline diet

**What it is** Remember the pH scale from chemistry? Proponents of the alkaline diet say that we should eat to keep our bodies' pH level more alkaline than not in order to prevent illness and weight gain. People on it go without grains, fish, meat, poultry, dairy and salt, and load up on fruits, green veggies, soy, lentils, seeds and nuts.

### Pro

"Our bodies function best when in an alkaline state," says Vicki Edgson, nutritional therapist and author

of Eating the Alkaline Way. She says eating alkaline helps counter constipation, skin problems, heart disease and a host of other problems.

### Con

"I'm promoting the healthiest, most real foods — so if you're eating that way, chances are the acidity of your body will fall into the right place," says Keri Glassman, author of The New You and Improved Diet.

## The 5:2 Bikini Diet

**What it is** Get a hot bod by cutting calories two days a week

### Need to know tip

The only weight loss advice you'll ever need going forward.

- **Quote.** "When you need to lose weight, it's a matter of cutting back on calories, expending more than you take in and going at a slow and steady

pace," Blake says. "If you need to lose weight, set your goal for losing for 10 per cent of your body weight over six months. It takes into (account) where you're starting at; somebody losing 100 pounds is gonna be able to do it a little faster."

(women eat 500 calories per day, men eat 600).

### Pro

"By eating only 500 calories two days a week you will not only get bikini-ready in no time and lose up to 14 pounds in four weeks, but you'll also dramatically lower the risk of age-related illnesses," says the book's author, Jacqueline Whitehart.

### Con

"The first red flag whenever you hear about any fad diet is if it purports a quick fix," counters Joan Salge Blake, a clinical associate professor of nutrition at Boston University.

"There's no way you can safely lose a tremendous amount of weight in a short amount of time."

## The blood type diet

### What it is

Your blood type is thought to have an impact on your digestive system — some fare better on plant-based or low-carb diets, for example.

### Pro

"If, God forbid, you go to the hospital and you get the wrong blood type, you have a major problem," says JB Berns, who created the Blood Type Workout.

"On that level, (though) less intense, if you don't eat the correct foods, nor exercise the correct way, you're not gonna yield as good results."

### Con

"The foods suggested are healthy; however ... any diet that promotes restricting food groups will be hard to sustain in the long run," says author of The Small Change Diet Keri Gans.



USE TOGETHER, AND  
WHITEN YOUR SMILE  
IN JUST **2 DAYS.**<sup>†</sup>

THINK OF IT AS MONDAY, TUESDAY, WHITEDAY.

What will a 3D White™ smile do for you?



<sup>†</sup>By removing surface stains.  
Crest® 3D White™ toothpaste fights cavities

life opens up when you do



3D WHITE™



# Screen your sun protection options

Select the right sun protector to suit your summer sojourn.

RICHARD PECKETT  
life@metronews.ca



## The water baby

Are you intending to spend your summer submerged in the sea? Then take heed of the old adage, "Water water everywhere but not a drop to drink." The saying rings true for your hair and skin, too. Salt and chlorine can strip your skin of much-needed moisture, leaving your body feeling parched. The chelator, babassu and tamanu oils in Aveda's Sun Care Hair and Body Cleanser help remove water nasties, while restoring and protecting moisture balance.

**AVEDA SUN CARE  
HAIR AND BODY CLEANSER**  
\$21, [AVEDA.COM](http://AVEDA.COM)

## The adventurer

If you're the kind of chap who likes to feel the burn (muscles not skin) during your summer hols, this product is for you. Unlike conventional SPF creams, which tend to streak away while you sweat, Kiehl's Cross-Terrain Face Protector has a solid bees-

wax texture designed to sink into skin, to keep wind and sun damage at bay.



**KIEHL'S CROSS-TERRAIN  
FACE PROTECTOR SPF50**  
\$26, [KIEHLS.COM](http://KIEHLS.COM)

## City break

The Anthony Natural Advanced Formula Lip Balm is a matte balm (no girly lip gloss effect, here) with antioxidant properties that nourish lips and stevia, a natural sweetener that freshens your breath — ideal if you're heading to some bustling urban bars.



**ANTHONY NATURAL  
ADVANCED FORMULA  
LIP BALM SPF 25**  
\$8, [ANTHONY.COM](http://ANTHONY.COM)

## Beach boy

While there can be no greater pleasure than a nice long lie-down in the sun, punctuated with a cooling dip in the sea, it does have its obvious dangers. Shiseido's Ultimate Sun Protection Lotion+ SPF 50 claims to prevent sun spots by shielding the inner cells and DNA. On top of that, it's also water-resistant for 80 minutes, meaning fewer re-applications.



**SHISEIDO  
ULTIMATE SUN  
PROTECTION  
LOTION+ SPF 50**  
\$39, [SHISEIDO.COM](http://SHISEIDO.COM)

**interACTIVE NUTRITION™**

*Clean,  
Pure,  
Real.*

**Absolute Protein**  
*Made with 100% Natural Ingredients*

InterACTIVE Nutrition™ Absolute Protein™ is made entirely of 100% natural ingredients. Each formula provides an excellent source of dietary protein without artificial preservatives, sweeteners or flavours. Better still, all the raw materials in the Absolute Protein™ are derived from non-genetically modified sources that are screened for both pesticides and herbicides, including a Fonterra sourced 100% New Zealand Whey!

**Isolate Protein**  
**Whey Protein**  
**Vegetarian Protein**  
**Soy Protein**  
**Rice Protein**

**Certified GMP** **GMO** **NO**

## Whey Better Protein by: Shannon Kadlovski, BA, CNP

Advertisement

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

### When Choosing a Whey Protein Powder Consider These 4 Tips:

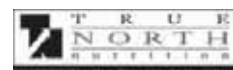
1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.



**CHOOSE INTERACTIVE**  
Canada's # 1 Trusted Brand  
For Clean & Pure Supplements



Nutrition House Rideau  
Nutrition House St. Laurent



Look for InterACTIVE Absolute Series in local health food stores. Find your nearest health food store at [www.healthstorelocator.com](http://www.healthstorelocator.com). For retailer & product information inquiries, please call True North Nutrition directly toll free at 1-800-261-4223.

### Absolute Smoothie Recipe

1 cup water or coconut water  
1 scoop of Absolute Whey protein powder (or 2 tbsp.)  
1 tbsp. chia seeds  
1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder  
1/4 cup fresh blueberries  
1/2 banana  
1/4 tsp. cinnamon  
handful of kale  
\* Toss all of the ingredients into a blender and blend until smooth and creamy



**healthstore  
locator**  
[www.healthstorelocator.com](http://www.healthstorelocator.com)



# Play the role of BBQ hero with a Smoked Pork Tenderloin

1. Pre-heat barbecue to high. Place pork on plate, cover with plastic wrap and let sit 20 mins.

2. Meanwhile, drain water from wood chips. Place soaked wood chips on 2-ft (.60 metres) piece of heavy duty foil. Wrap to make packet; with tip of knife, poke 8 holes. Place on rocks in barbecue; close lid and let smoke develop, 15 mins.

3. Brush tenderloins with oil; season with salt, pepper. Lower heat to medium. Grill covered, rotating pork on all 4 sides, until juices run clear when pork is pierced and just a hint of pink remains, about 25 mins or until meat thermometer registers 165 F (74 C). Remove to clean plate, loosely cover with foil; let rest before slicing.

4. Fontina Cheese Sauce: Pre-heat saucepan to medium-low heat. Add 3 tbsp (45 ml) butter and garlic; sauté 4 mins. or until golden brown. Add wine, 4 basil leaves and bay leaf; increase heat to medium-high



This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

and cook until reduced to 1/2 cup (125 ml), about 20 mins.

5. Stir in cream, honey, mustard, pepper, salt and nutmeg; reduce heat to medium and cook, stirring 15 mins. or until sauce coats the back of a spoon.

6. With wooden spoon, stir in cheese; lower heat to low.

Cook stirring until the cheese is melted. Remove from heat and cool for 5 mins. Remove and discard bay leaf. In a blender, purée sauce along with the remaining 1/2 cup (125 ml) of basil, until smooth.

7. Serve sliced smoked pork with the creamy Fontina cheese sauce. **CHEF RICHARD JULIEN/**

## Ingredients

- 2 pork tenderloins, trimmed of any silver skin, about 1 lb (500 grams) each
- 2 cups (500 ml) apple wood smoking chips (soaked in water for at least 1 hr)
- 2 tsp (10 ml) vegetable oil
- kosher salt and pepper
- Fontina Cheese Sauce**
- 3 tbsp (45 ml) butter
- 6 cloves garlic, minced
- 2 cups (500 ml) white wine
- 4 basil leaves, plus 1/2 cup (125 ml) packed, divided
- 1 bay leaf
- 1 1/2 cups (375 ml) 35% whipping cream
- 2 tbsp (30 ml) liquid honey
- 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) fresh cracked black peppercorns
- 1 tsp (5 ml) kosher salt
- 1/4 tsp (1 ml) ground nutmeg
- 1 cup (250 ml) grated Canadian Fontina, smoked Gouda or Oka cheese

DAIRY FARMERS OF CANADA

## Health Solutions

### Sumac: Not just for shade



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

You get a flat tire on your way up to the cottage so you pull over, call for help and sit under a sumac.

Don't just sit there, do something! Ripe red sumac is one of the healthiest wild plants in the country. You are sitting under it for shade, you may as well sample.

Never gather white drupes (the clusters that look a bit grape like). You want the ripe berry red ones.

• Use them to make a drink called "sumac-ade," "Indian lemonade" or

"rhus juice." It is a very lemony beverage made by soaking the drupes in cool water, rubbing them to extract the flavour and then straining the liquid through a cotton cloth. Some like to stir in a bit of sugar or honey to sweeten.

• Sprinkle some of the lemony liquid in salads for added ORAC. (The measurement of anti-oxidant power in foods is called Oxygen Radical Absorbency Capacity or ORAC.)

• Dry them in the sun and grind them into a spice as in Middle Eastern cuisine.



**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM**

## Dinner. Creamy 'Tandoori' Style Shrimp



1. In bowl, whisk cream, yogurt, cilantro, mint, garlic, lemon zest and juice, coriander, paprika, cumin, ginger root, tomato paste, cinnamon, pepper and salt. Reserve 1/4 cup (60 ml); cover and refrigerate.

2. Pat shrimp dry with paper towel; add to marinade and toss to coat well. Cover and refrigerate for up to 6 hours.

3. Preheat grill to medium-high heat. Remove shrimp from marinade. Place on greased grill over medium-high heat; close lid and grill, turning once, until pink, 6 minutes. Place in bowl; stir in reserved marinade. Serve garnished with green onions and lime wedges.

**CHEF MICHAEL ALLEMEIER/ DAIRY FARMERS OF CANADA**

## Ingredients

- 1 cup (250 ml) 35% whipping cream
- 1/2 cup (125 ml) plain yogurt
- 1/4 cup (60 ml) each, chopped cilantro and mint
- 2 cloves garlic, minced
- Finely grated zest and juice of 1 lemon
- 2 tbsp (30 ml) each, ground coriander and paprika
- 1 tsp (5 ml) ground cumin
- 1 tsp (15 ml) finely chopped ginger root
- 1 tsp (5 ml) tomato paste
- 1/2 tsp (2 ml) each, ground cinnamon, pepper and salt
- 1 lb (500 g) 16 to 20 shrimp, shelled and deveined
- 2 green onions, thinly sliced
- 1 lime, cut into wedges

# Rethink classic Surf and Turf

1. To marinate steak, place in nonreactive baking dish. Drizzle lime juice and olive oil over both sides, then season liberally with salt and pepper. Rub seasonings in, then cover and refrigerate.

2. To prepare ceviche, bring

## Ingredients

### For the steak

- 1 1/2 lbs flank steak
- 1/4 cup lime juice
- 1/4 cup olive oil
- Kosher salt and ground black pepper

### For the ceviche

- 1/2 lb raw large shrimp, peeled and cleaned
- Juice of 5 limes (about 1/2 cup)
- 1/4 small red onion, diced
- 2 cloves garlic, minced
- 1/2 habanero pepper, seeds and ribs removed, minced
- 1/2 cup finely chopped cucumber
- 1/2 cup thawed frozen corn kernels
- Kosher salt and black pepper
- 1/2 pound salmon, cut into 1/4-inch cubes
- 1/2 cup finely chopped fresh cilantro
- 1 avocado, peeled, pitted and cubed



This Pepper-Lime Flank Steak with Shrimp and Salmon Ceviche recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

saucepan of salted water to a boil. Have bowl of ice water nearby. Add shrimp to boiling water and poach 30 seconds, then use slotted spoon to transfer to ice water. Once shrimp have completely cooled, use the slotted spoon to transfer them to a kitchen towel to dry.

3. Meanwhile, in medium bowl stir lime juice, red onion, garlic, hot pepper, cucumber and corn. Taste, then season with

salt and pepper. Add shrimp and salmon, and mix. Cover and refrigerate for 1 hour.

4. After ceviche has chilled for an hour, remove the steak from the refrigerator and let stand at room temperature. Meanwhile, heat the grill to high.

5. Remove ceviche from the refrigerator and stir in the cilantro and avocado. Taste and

adjust seasonings.

6. Using oil-soaked paper towel held with tongs, oil grill grates. Season steak with additional pepper, then grill 5 minutes per side for medium-rare. Transfer steak to cutting board and let rest 5 minutes. Cut steak into thin slices across the grain. Divide sliced steak between serving plates, then spoon ceviche over each serving. **THE ASSOCIATED PRESS**



# World's eligible elite

There is still hope for those longing for a royal romance, as today's young and eligible aristocracy are mingling with the rest of us  
METRO

ALL PHOTOS GETTY



## The Designer

**Princess Sirivannavari Nariratana of Thailand**  
Sirivannavari is the 26-year-old granddaughter of the reigning King of Thailand Bhumibol Adulyadej.  
**Family fortune:** \$30B  
**Interest:** Badminton. Siri took home a gold medal in the 2006 Southeast Asian Games.  
**Likely haunt:** The Grand Palais — venue for Paris fashion week.



## The Party Boy

**Prince Azim of Brunei**  
Azim, 30, loves lavish parties. His 2009 b-day party was dubbed party of the year, with guests including Janet Jackson, Mariah Carey and Sophia Loren.  
**Family fortune:** \$5B  
**Interest:** Designing bags. Azim has made unisex bags for luxury leather goods group MCM.  
**Likely haunt:** Stapleford Park country house hotel, England — his party venue.



## The Actress

**Princess Theodora of Denmark and Greece**  
Daughter of deposed Greek King Constantine II and Anne-Marie of Denmark, the 30-year-old is a bubbly blond who's hoping to crack Hollywood.  
**Family fortune:** \$15M  
**Interest:** Acting. Theodora also enjoys hanging out with La-la Land's social and cultural elite.  
**Likely haunt:** CBS Studios, L.A.—where The Bold and the Beautiful is made.



## The Army Man

**Prince Harry of Wales**  
Harry may have once worn a Nazi Youth outfit at a party and he was photographed naked in Las Vegas, but he's a loyal soldier who fought in Afghanistan.  
**Family fortune:** \$42.5M  
**Interest:** Polo. Harry loves to show off his talent at charity polo matches.  
**Likely haunt:** Mahiki nightclub in London's swanky Mayfair district.



## The Fashion Writer

**Elisabeth von Thurn und Taxis**  
Genteel socialite-cum-fashion blogger Elisabeth of the German Thurn und Taxis House has the princely role of style editor at large at Vogue.  
**Family fortune:** \$2.3B  
**Interest:** Writing. And her ancestors are even credited with inventing Europe's postal service.  
**Likely haunt:** The Beatrice Inn — celebrity hangout in Manhattan.



## The Businessman

**Prince Lorenzo Borghese**  
The 40-year-old is a shrewd businessman, leading a luxury cosmetics line for pets. He also starred as the featured single man on U.S. dating TV show The Bachelor.  
**Family fortune:** \$50M  
**Interest:** Animals. Lorenzo loves to bathe pets with pricey organic products from Italy.  
**Likely haunt:** Royal Pet Club — his company based in Bernardsville, New Jersey.

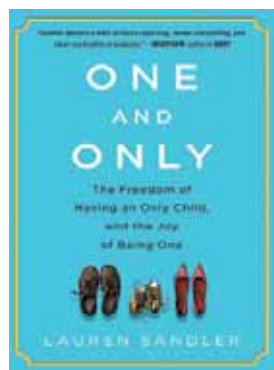
# The one and only! No siblings? No problems

**Non-fiction.** Those stereotypes of only children are totally untrue, says author Lauren Sandler

**DOROTHY ROBINSON**  
Metro World News from New York City

Pity the poor only child. The eldest child is never stereotyped as spoiled; the youngest is never pigeonholed as maladjusted or lonely. Forget giving birth to a small army — it is when you say you are only having one child that eyebrows get raised.

Lauren Sandler is on a mission to change these misconceptions of onlies with her new book, *One and Only: The Freedom of Having an Only Child, and the Joy of Being One*. Sandler, who is an only child and has an only child herself, found herself being a de facto proponent of stopping after one.



What Sandler found was “stunning”: “Hundreds of studies over decades found that our stereotype of lonely children is totally untrue,” she says.

Filled with in-depth reporting (with some wry motherhood observations thrown in), *One and Only* lays it out there: If you decide to only have one child, you aren’t “ruining” that child by deciding not to give him or her a brother or sister. You may just create a happier family life because of it.

Sandler is quick to note that she’s not saying that having one is the best choice; only that it is a valid choice, and one that parents don’t think they can make without seeming selfish or withholding.

“If most people have their first kid for them, and their second kid for their first kid — which is what polls have consistently told us they do — what would it mean if they didn’t feel like they had to?” she asks. “Don’t have another kid just because you think you’re gonna avoid screwing up your first kid if you do.”

“One day, I got an email from a friend that said, ‘I’m pregnant with my second child, and I know how you feel about this.’ And I thought, ‘I don’t know how I feel,’” recalls Sandler, a journalist who writes on cultural politics and women’s issues. “Her comment sat with me in a funny way. Then, when I had my child and I was wrestling with what it would mean to not have another, I decided to report it out, like I do for everything.”



Author and only child Lauren Sandler with her one-child family. AP PHOTO/COURTESY OF LAUREN SANDLER

## The good news about only children

**Research.** In 500 studies over the past several decades, examining 16 traits including leadership, maturity, extraversion, social participation, peer popularity, generosity, co-operativeness, flexibility, emotional stability and contentment, only children do just as well as siblings.

**Motherhood takes some juggling:**

- Each child adds no less than 120 hours of housework a year.

- Women devote about 13 hours a week to childcare, up from about 10.5 hours nearly a half century ago. Meanwhile, the American workweek has increased by 13 hours.

- A single child decreases a mother’s employment by

about eight hours a week. A second child leads to a further reduction of about 12 hours (to a total of 20).

- Sixty per cent of men say they are struggling with the demands of work and family.

**The financial reality:**

- A child born in 2011 will cost an average of \$235,000 to raise to age 18.



# Clear out, clean up and make some money – a very appealing prospect!



Create extra space and make a few bucks with a yard sale. ISTOCK IMAGES



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Whether you call it a yard, junk or garage sale, the aim is to pad the pocketbook while creating badly needed space in your home. Summer is a great time to capture all those garage sale lovers, but you have to do it right or you'll spend tons of time with little to show for it.

Here are some tips to ensure your pop-up shop on the curb is a success.

## 1. Advertise it

Tacking a sign on a nearby telephone pole just won't cut it any more.

Craigslist, Kijiji, Facebook and the local newspapers are all good options. Make sure any signs are legible with a directional arrow. One person posted about her very successful sale and noted she put well-

lit pictures on Instagram. This is especially valuable for furniture, which can be a hard sell curbside.

Certain key words draw the weekend bargain shopper such as antique, mid-century, jewelry, high end and collectible. Other desired items include baby things, quality toys and sports equipment.

Avoid long weekends, if you can, as towns and cities often empty out for the duration.

## 2. Stage it

A dreary layout of old clothes on the lawn and toys scattered along the driveway are hardly a draw. If your offerings look sad, messy and cheap you won't attract flies. Organize by theme so people don't have to pick through all the household stuff when they are looking for sports equipment.

Place desirable and easily seen items, such as furniture or large funky collectibles, closest to the road. And don't ignore

colour. Cheerful and bright will appeal. At the very least, shell out for some colourful balloons.

## 3. Clean it

Items will move quicker if they are clean. People might buy dusty teacups, but dirty clothes and rusty tools are a different matter.

## 4. Price well

Start with 40 per cent of retail for like-new and 20 to 25 per cent for well-used. Include the original price if you can.

## 5. Use bait

Include (and advertise) a free pile and if yours seems insignificant let the neighbours know. It'll save them gas money driving to Goodwill. Place the pile, marked by balloons in a visible location.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



# Laugh in the face of volatility with these tips

Ask any financial advisor and they'll tell you that it's never too early to create a solid financial plan, regardless of whether you're in your 20s, 30s, or even 40s.

The idea is to set the plan in motion. But after the market instability of the last several years, many people remain uneasy. What's the best way to give your money a chance to grow?

The experts from Desjardins Group suggest that while there are risks associated with investing, they are manageable if you know how to overcome potential setbacks.

## What's your biggest risk? Volatility

This is caused by market fluctuations. For example, volatility is caused when prices on the market swing high and then low in quick succession.

During these periods, the strong upturns followed by strong downturns sometimes lead to short-term gains or losses in your investments. By talking to a

qualified financial advisor, you can identify your risk tolerance and invest in suitable financial products that will grow your capital even in periods of high volatility.

## Setting your priorities

Start by being honest with yourself. Are you carrying too much debt? Would you have cash on hand in case of emergency? Having the full picture of your financial situation will put you in a better position to achieve your goals.

## Become a super-saver

Get into the habit of forcing yourself to save. While this takes discipline at first, you'll appreciate the effort you put in when an emergency arises like an illness, accident or a job loss. Usually, a good emergency fund is the equivalent of three months' worth of living expenses.

Begin by saving the equivalent of one month's groceries. With each paycheck, put aside one to 10 per cent into a separate account — like a TFSA. And

remember: it's more important that you're saving than the total amount that you're saving each month.

## Time's on your side

The impact of volatility on your savings depends on your investment horizon. In other words: the longer you have to invest, the more likely you'll be protected from market shifts, which will allow you to save more.

So it's important to stay on course — no matter what the market is doing. With proper planning, you have reasonable assurance that you can achieve your goals over the target period, despite occasional market downturns.

## Diversification

Basically, it's all about making sure that your investments are well balanced to protect yourself against volatility.

With an advisor's help, look into savings products that offer protection against volatility.

NEWS CANADA



It's time to create a solid financial plan. ISTOCK IMAGES



# BRUSH UP ON DENTAL HEALTH

We make sure to brush our teeth daily — but how about our dogs?

“Dental care is important for dogs — at least 85 per cent of pets experience periodontal (gum) disease,” says Dr. Sharon French, a veterinary dentist at the Veterinary Emergency Clinics in Toronto and a Fellow of the Academy of Veterinary Dentistry. “They suffer in silence and, often, we don’t realize they are in pain until it becomes a very big problem.”

“The classic signs of oral disease are a reluctance to chew hard things, chewing treats or dry food more slowly, bad breath, drooling, a reluctance to yawn, pawing at the mouth and, sometimes, weight loss.”

One good way to ensure your dog’s mouth stays healthy is daily brushing. Occasional brushing is actually counter-productive because “it smoothes tarter, making it more difficult to remove. And if your dog’s mouth is sore, it will make him reluctant to have his teeth brushed,” French says.

Also, regular veterinary checkups will ensure that your dog’s mouth is healthy.

Even if you brush your dog’s teeth regularly, your vet may recommend scaling under anaesthesia to properly and effectively clean all the teeth. Like humans, dogs occasionally need professional cleaning for their teeth. Unlike humans, however, it isn’t possible to do the job properly without anaesthesia.

“While it may be possible to remove some tartar buildup on the outside surfaces, it isn’t possible to effectively clean and polish areas below the gum line or on the inside of the teeth,” French says. “And pet owners shouldn’t try and scale the teeth themselves. Besides possibly injuring your dog, without polishing, scaling can leave grooves for tartar to build up more quickly.”

There are foods, mouthwashes, treats, brushes and toothpaste designed to help keep your dog’s teeth clean and gums healthy. Depending on your dog’s oral health, general health and personality (i.e., whether it squirms or relaxes when you attempt to brush), your vet can recommend the right products to help you keep your dog’s teeth and gums healthy and its breath fresh.



STOCKLITE/VEER

## DOGS CAN, AND WILL, EAT ANYTHING AROUND

Most dogs love to eat — but what they eat may sometimes seem a little odd to their human caregivers.

Here is a quick summary of what it means when your dog eats the following:

### GRASS

“Especially in spring and summer when the grass is fresh, grass tastes good to dogs,” says Dr. Barb Bryer, head of emergency at the Veterinary Emergency Clinics in Toronto. Usually this is pretty safe, unless the grass has recently been sprayed with a chemical like a pesticide.

“Sometimes if the grass doesn’t agree with a dog, she’ll throw it up. And, sometimes, dogs eat grass when they feel nauseous to promote vomiting.”

In summation, if your dog loves grass, that’s fine. If its reaction to eating grass it to vomit, that’s probably OK. But if it



AVAVA/VEER

continues, better see your vet.

### GARBAGE

In summer, garbage rots faster and smells particularly strong — this attracts dogs to eat garbage even more. Coffee grounds,

onions, garlic, chocolate, plastic and bones are just a few of the harmful things that can make your dog sick.

“Gastroenteritis — diarrhea and vomiting — is a common side-effect of eating garbage,” Bryer says. “Also, mould from

garbage can have toxins that can cause dogs to have tremors or even seizures.”

### TABLE SCRAPS

Most dogs love to eat food off your table.

“Dogs like the taste and the variety — but they also see table scraps as treats because of the manner in which we give them,” Bryer says.

This can lead to bad habits and it may be unhealthy for your dog, based on its age, weight and health considerations.

### WHAT ABOUT PICKY EATERS?

Like humans, some dogs are just finicky when it comes to food. Some dogs are not gobblers, but grazers. If that’s the case with your dog, it is nothing to worry about.

However, if your dog suddenly goes off food, this can be a signal of a health or dental issue. See your veterinarian.

NEW

# Introducing

♥ 10  
**IAMS®**  
**SO GOOD!**

**100%**  
**Yummy**

**100%**  
**Wholesome  
Ingredients!**



## Do you really know what's in your dog's bowl?

Did you know that some leading brands add sugar, dyes or artificial preservatives? **New IAMS® SO GOOD!** has 100% wholesome ingredients and nothing else.

- ✓ **NO Sugar Added**
- ✓ **NO Dyes**
- ✓ **NO Artificial Preservatives**

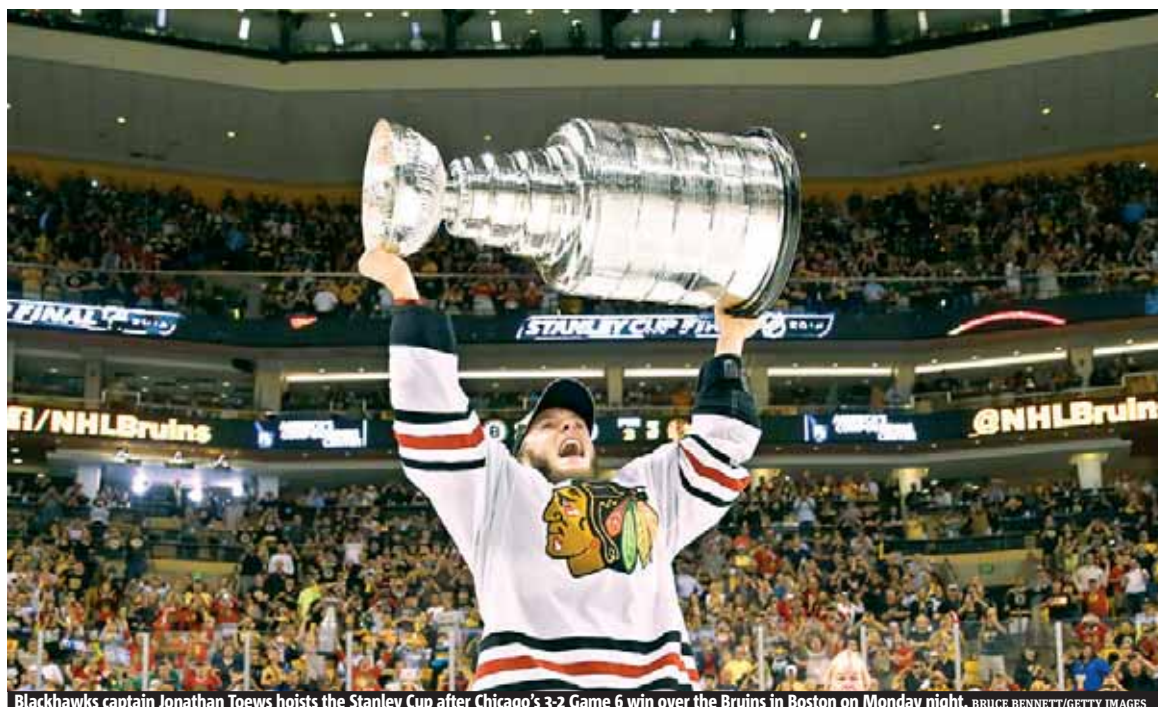
Check what's in your dog's bowl:  
[www.whatsreallyinyourbowl.ca](http://www.whatsreallyinyourbowl.ca)



SHINING A LIGHT  
ON GREAT INNOVATION

AVAILABLE AT  **TARGET**





Blackhawks captain Jonathan Toews hoists the Stanley Cup after Chicago's 3-2 Game 6 win over the Bruins in Boston on Monday night. BRUCE BENNETT/GETTY IMAGES

# Blackhawks shock Bruins to clinch cup

**NHL.** Pair of goals in dying minutes gives Chicago second championship in 4 years

Bryan Bickell and Dave Bolland scored goals 17 seconds apart late in the third period Monday night to give the Chicago Blackhawks the Stanley Cup in an amazing 3-2 last-minute comeback win over Boston in Game 6.

Milan Lucic's third-period goal had seemed to give the

Game 6

3

Blackhawks

2

Bruins

Bruins a 2-1 victory and a new lease on life in the final.

But with Chicago goalie Corey Crawford out for an extra attacker, Bickell scored at 18:44 after the Bruins failed to get the puck out of the zone.

Bolland then put them ahead at 19:01, stunning the Bruins and the crowd at TD Garden.

Jonathan Toews, reduced to a spectator in the final minutes of Game 5, added a goal and an assist for Chicago as the Blackhawks clawed their way back into the game. He was the first to hoist the cup as his teammates jumped up and down.

Crawford finished with 23 saves in the victory that marked Chicago's fifth championship and second in four years.

Chris Kelly had the other

goal for Boston, while Tuukka Rask made 28 saves. The Bruins offence was limited by a power play that went 0-for-4 on the night.

Lucic had taken advantage of a Crawford handling error behind the goal to give the Bruins a 2-1 lead at 12:11. The bruising forward disrupted the Chicago goalie and when the puck came back in front of the net from David Krejci in the corner, Lucic wristed it in. Linemate Nathan Horton did his bit in front of the goal to complicate things for Chicago.

THE CANADIAN PRESS

NBA

## Heat bask in latest championship

LeBron James stood atop a double-decker bus with a cigar in his mouth for the parade. Shane Battier blew kisses to the crowd, Dwyane Wade raised three fingers aloft.

By now, the Miami Heat have figured out how to enjoy a party. Players, families, staff and friends crammed buses, flatbed trucks and cars for the parade honouring the Heat title, with the caravan snaking its way through Miami amidst an estimated crowd of 400,000 on Monday.

THE ASSOCIATED PRESS



Heat forward Chris Bosh  
GETTY IMAGES

Wimbledon

## Nadal sent packing on Day 1

In one of Wimbledon's greatest upsets, an ailing Rafael Nadal was knocked out in straight sets Monday by a player ranked 135th — the Spaniard's first loss in the opening round of a Grand Slam event.

Steve Darcis of Belgium stunned the two-time champion 7-6 (4), 7-6 (8), 6-4. He ended Nadal's 22-match winning streak on the very first day. Nadal was sidelined for seven months with a left knee injury after losing in the second round of Wimbledon last year.

THE ASSOCIATED PRESS

# Rays put end to Jays' 11-game win streak



Rays rookie Wil Myers hits a second-inning home run against the Blue Jays on Monday night in St. Petersburg, Fla. CHRIS O'MEARA/THE ASSOCIATED PRESS

Jeremy Hellickson allowed one hit in seven shutout innings and rookie Wil Myers homered in his home debut, helping the Tampa Bay Rays beat the Blue Jays 4-1 on Monday night to end Toronto's 11-game winning streak.

Myers hit the second of three straight Tampa Bay homers in the second, connecting in his first at-bat at Tropicana Field. He received a standing ovation from a crowd of 11,407 getting its initial close-up view of the key acquisition in the off-season trade that

sent pitchers James Shields and Wade Davis to Kansas City for the power-hitting right fielder and other prospects.

Myers' drive to centre off Esmil Rogers (3-3) was sandwiched between home runs by James Loney and Sam Fuld as Tampa Bay went deep three times within a span of eight pitches. Luke Scott added a bloop RBI double to make it 4-0 in the third, and that was all the support Hellickson needed.

A night after scoring a season-high 13 runs at home to complete a three-game sweep

of Baltimore, the Blue Jays were limited to four singles and five walks. They came up short in their bid to extend the longest winning streak in the majors since Detroit won 12 straight in 2011.

Hellickson (6-3) gave up J.P. Arencibia's single, walked four and struck out four. He allowed only one runner past first base — in the second inning, when Colby Rasmus walked and moved to third when Arencibia followed with his hit to centre field.

THE ASSOCIATED PRESS



## Horoscopes

### Aries

March 21 - April 20

A quick decision on your part could lead to unexpected gains today, so be decisive and don't worry if other people say you are taking too many risks. Maybe you are, but life would be dull without them.

### Taurus

April 21 - May 21

Just because something worked well in the past does not mean it will work well in the future. In fact, you may be a good time to update your methods. You can afford to be adventurous today.

### Gemini

May 22 - June 21

Do you stick with what you know or do you strike out in a new direction? You have never been one to be cautious and now, more than ever, you are inspired to be different.

### Cancer

June 22 - July 23

Cancer is renowned for its caring nature and you will get no end of opportunities to show your concern over the next 24 hours. The world is a better place with you in it!

### Leo

July 24 - Aug. 23

If you put your mind to it over the next two or three days, you can accomplish something that does your reputation a power of good. Those who were hoping to see you fail will be severely disappointed.

### Virgo

Aug. 24 - Sept. 23

You cannot neglect your responsibilities. There are certain things that need to be done and it is your special duty to do them. In days, everyone will be singing your praises.

### Libra

Sept. 24 - Oct. 23

This may be a tough time of year for you but there are numerous reasons you should be feeling confident that everything will work out OK. Jupiter, planet of luck, is about to play a big part in your life.

### Scorpio

Oct. 24 - Nov. 22

Why are you taking the long way around when the direct approach would be quicker and more successful? Saturn in your sign strengthens your will to succeed but can make you too cautious. Cut corners today.

### Sagittarius

Nov. 23 - Dec. 21

You need to be firm with someone who does not seem to care if they let you down. You may be easygoing by nature but that does not mean you have to let others take you for granted.

### Capricorn

Dec. 22 - Jan. 20

A deal may be just what you are after but don't act too eager or you may find that those who have what you want make you pay a premium price for it. There is still plenty of room for negotiation.

### Aquarius

Jan. 21 - Feb. 19

The most important thing today is that you are aware of the consequences of whatever action you choose to take. Once you make your choice it's unlikely you will get a chance to change it, so take your time.

### Pisces

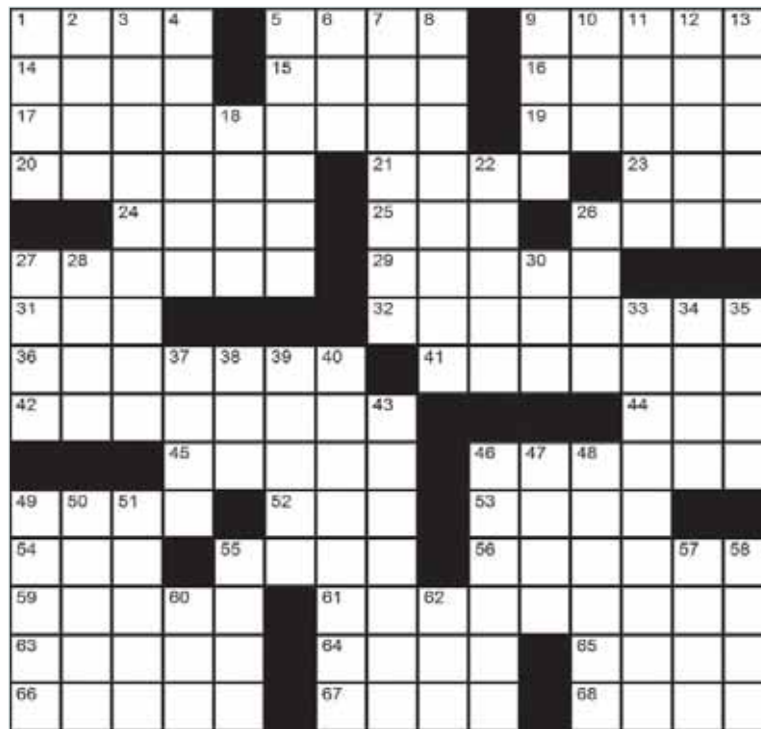
Feb. 20 - March 20

Make a point of doing something others would most likely not expect of you. It will remind the world not to take you for granted. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Quite
5. Be a street performer
9. 'G' of East Coast band GBS
14. Music to a joke-teller's ears
15. Feed the kitty, as in poker
16. Fix came-undone shoelaces
17. Travel plan
19. Radiate
20. Non-meat-eater's burger
21. Follow orders
23. Snug spot
24. "Ohio" by \_\_\_\_ Young
25. Curly's pal
26. "Guarding \_\_\_\_" (1994) starring Shirley MacLaine
27. Sundae topper
29. Surviving Bee Gees brother
31. Ad \_\_\_\_ committee
32. Guitarist in the Michael Jackson concert rehearsal footage in 2009
36. Did better competitively in the pool
41. Mark signifying fault
42. Drug dubbed Milk of Amnesia
44. Mr. Fleischer (White House Press Secretary, once)
45. The 'I' in IV
46. Movie shots
49. Curser's word!



52. "A Nightmare on \_\_\_\_ Street" (1984)
53. Tricks
54. Musician/producer Brian
55. Actor's accessory
56. Is a volcano, does this
59. Gulf of St. Lawrence attraction, \_\_\_\_

- Rock
61. City in East Kootenay in British Columbia
63. Lost-in-the-desert mirage
64. \_\_\_\_ State (University from the song at #24-Across)
65. Consequently

66. Care for
67. Late guitarist Mr. Barrett's
68. Celebrity

4. Clothes-holding prop
5. Hardly
6. Irish actress Ms. O'Connor
7. Nickname of CBC host George who now also has a show on CNN
8. Computer part

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

9. Ashen
10. CBC commentator Mr. Murphy
11. Musical piece for Chopin
12. Army assistants
13. "American Bandstand" dancers
18. The Queen's cypher: letter + Roman Numeral + letter
22. Spookily strange
26. Sharon's '80s TV co-star
27. Cut some food
28. 60 minutes
30. Clash
33. \_\_\_\_ Canada (Government agency)
34. Give a job to
35. "How sweet \_\_\_\_!" - Jackie Gleason
37. Washer cycle
38. Was victorious
39. Later on
40. Eloi are the food source of these Time Machine creatures
43. \_\_\_\_ Eel
46. Perfumes
47. Albertan country singer Mr. Lund
48. Habitates, variantly
49. Bus station
50. Lend \_\_\_\_ (Listen): 2 wds.
51. \_\_\_\_ Code
55. Nuisance
57. Ancient outfit
58. Hershey's chocolate/toffee bar
60. Spy letters
62. Et: English

## Yesterday's Crossword

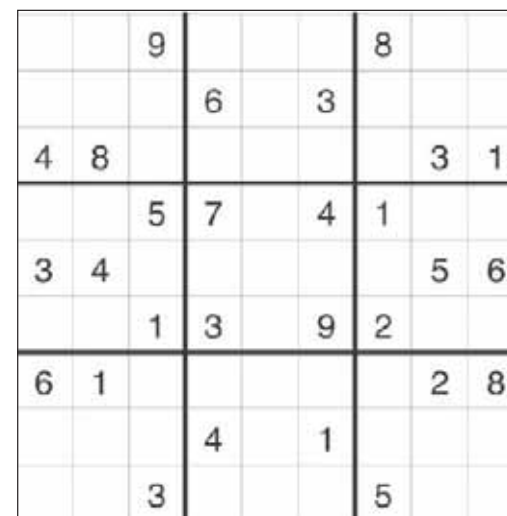


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today**

29°/19°

Thundershowers

70%

**Wednesday**

28°/18°

Thundershowers

70%

Know what the weather will be 14 days from now.

Check the 14 day trend.

©The Weather Network 2013



# How do I become a Dentist?

Explore what you want to be and how to get there.

Visit [CareerBear.com](http://CareerBear.com) to learn more

**QuestChat**

NORTH AMERICA'S BESTEST CHAT LINE

**FREE TRIAL**

**613.232.4444**

Other Cities 1.888.482.8282

Dial #CHAT(23428) 79/min

Text "QUEST" to 96666 \$5/line

Free trial not applicable on #CHAT

questchat.com

18+ RESTRICTIONS APPLY



# Bring Grampa to Tampa.



**\$99**  
Round-trip companion  
flight every year\*  
(plus taxes, fees and charges)

## Save money on travel with the WestJet RBC® World Elite MasterCard†

With the WestJet RBC World Elite MasterCard, you earn WestJet dollars‡ on every purchase. WestJet dollars are worth the same as a Canadian dollar towards travel with WestJet. And the best part is you can redeem any amount, to anywhere we fly, anytime. You will also receive a yearly \$99 (plus taxes, fees and charges) round-trip companion flight to anywhere in Canada or the continental U.S.‡ Finally a rewards card that makes travel easy. Because we think you've earned it.



**WESTJET**

Apply today at [rbc.com/westjet](http://rbc.com/westjet)

®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. †Registered trademarks of WestJet Airlines Ltd. WestJet dollars, and WestJet Vacations are registered trademarks of WestJet Airlines Ltd. All other trademarks are the property of their respective owner(s). \*Once approved for the WestJet RBC World Elite MasterCard, please allow 4-6 weeks after the first purchase transaction date for the \$99 round-trip companion flight voucher (the "Flight Voucher") to appear on your WestJet account, accessible at [www.westjet.com](http://www.westjet.com). The Flight Voucher is offered to new WestJet RBC World Elite MasterCard cardholders only, and annually thereafter upon their credit card anniversary date. Round-trip base fare of the companion guest will be \$99 CAD and the Flight Voucher may only be used if the companion is travelling with you on the same itinerary. Applicable taxes, fees and charges on the companion ticket are the responsibility of the traveller and must be paid at time of booking. The Flight Voucher is valid for travel anytime on all published eligible fares anywhere in Canada and the continental U.S. (excluding Hawaii and Puerto Rico) on flights marketed and operated by WestJet, with no travel restrictions or blackout periods. Certain fare types may be excluded from this offer. The Flight Voucher is only valid for new bookings made through WestJet's Sales Super Centre, cannot be applied to existing reservations or on new reservations made on [www.westjet.com](http://www.westjet.com) and is not valid for group bookings or WestJet Vacations bookings, and travel must occur prior to the Flight Voucher's expiry date. Your ticket and your companion's ticket must be booked at the same time. The Flight Voucher may only be used as described, has no monetary or exchange value and is only available to the primary cardholder on a new WestJet RBC World Elite MasterCard account. Additional cardholders, as well as existing WestJet RBC World Elite MasterCard and WestJet RBC MasterCard cardholders, are not eligible for the welcome bonus offer or welcome Flight Voucher offer. This offer may not be combined or used in conjunction with any other offer. All terms, conditions and restrictions applicable to this Flight Voucher are established by WestJet. WestJet reserves the right to withdraw this offer at any time. ‡WestJet dollars are earned on net purchases only; they are not earned on cash advances (including RBC Royal Bank® credit card cheques, balance transfers, cash-like transactions and certain bill payments), interest charges or fees, and credits for returns and adjustments will reduce or cancel the WestJet dollars earned by the amounts originally charged. \*WestJet dollars can be used to pay for all or part of the published fare of a regularly scheduled WestJet flight or WestJet Vacations package and are redeemable only in accordance with WestJet Rewards terms and conditions. WestJet dollars are not redeemable for Canadian currency. WestJet dollars cannot be applied against taxes, fees or charges. Other restrictions may apply. All terms, conditions and restrictions applicable to WestJet Rewards are established by WestJet and shall apply to all bookings, travel arrangements and other services offered or provided by WestJet. WestJet, not Royal Bank of Canada, is responsible for WestJet Rewards. For more details, visit [westjet.com/creditcard](http://westjet.com/creditcard)